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KFC Puffy Meat Patties

3 egg yolks 8 ounces ground beef 1
teaspoon salt 1/4 teaspoon baking
powder 1 teaspoon black pepper 1
Tablespoon (more or less) minced
parsley 1 small onion grated or finely
chopped 3 egg whites, beaten until soft
peaks form vegetable shortening or oil

Beat yolks until they are lemon-colored.
Add the ground beef, salt, baking
powder, pepper, parsley and onion. Mix
thoroughly. Last, fold in the stiffly beaten
egg whites and blend gently. In a 10-inch
skillet heat about 1/8 inch of shortening
until hot. Spoon heaping teaspoons of the

meat mixture into medium heat skillet. Let cook about 2 minutes on each side—do not turn meat until browned on first side (cook to 165°F internal temperature). Serve as soon as done with potatoes, vegetables, or as desired. Serves 4 to 6.